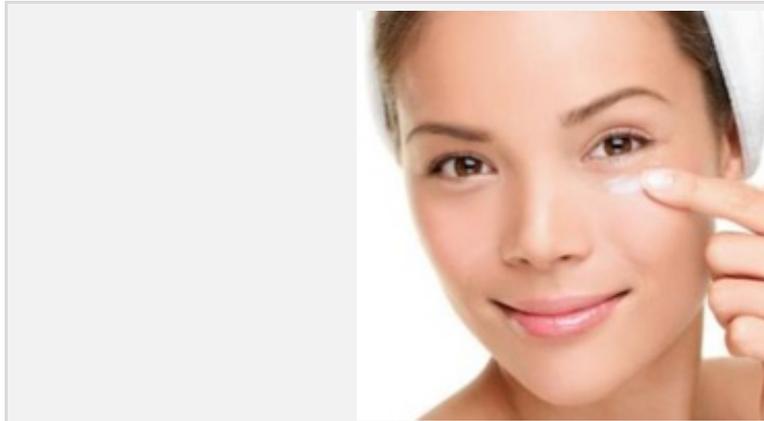


eWellness magazine

The beauty of each day- slow down the clock on aging!

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Quite often, the beauty of all that we witness is often found in the smallest of gestures, the tiniest of tasks, and the breath of life we breathe into each new day. It is always the accumulation of these little things that amount to greatness; so by the same token, it

is what we do each day that can make all the difference to ourselves and what is around us. It is what you do each day that brings you closer to any goal or aspiration you have, whether that is to feel better, look better or get fitter- so with this in mind...what changes can you make on a daily basis to get to where you want to be? We are only ever in charge of the present moment- it is our own sense of timelessness, not looking behind or too far ahead, just focusing on the now! Here we look at a few ways you can engage and find your beauty in the little things daily!

The essence of balance

A balanced approach to all that you do breed more equilibrium; a pleasant state in all aspects of your life which comprises of your overall well-being. If you are hitting the gym 5x a week but paying little or no attention to your nutrition then the scales will not even out (...the scales of life!). It helps to think more broadly in terms of a more natural and healthier way of living that encompasses more components of your wellness. For instance, a great exercise routine will not counteract the effects of a bad diet... healthy eating should always compliment an active lifestyle! Small changes that you make to your diet always add up...the extra small portion of fruit, the additional vegetables on your plate, the essential hydration from sipping more water rather than diet sodas; just a little more thought about what you are trying to achieve daily puts you in a better position to reach it!

Happy is priceless!

Aging is a process and although you can't slow down the effects of aging you can use what you have at your disposal to live more presently and take care of your inner well-being as well as your external beauty. One of these things - and at zero cost to you, is happiness, feeling happy is what keeps you looking and feeling vibrant and youthful...do things that make you happy each day. Notice how a smile and laughter can lift you and others around you...lighting up your eyes and sparkling through your skin! Find the simplicity and the smiles in each day.



Look after your skin- your shield!

Your skin is your shield, your protective barrier, and it needs loving care. Our skin often gets sidelined on a daily basis...lack of moisture, hydration, cleansing and protecting from external toxins and pollutants. Skin gets taken for granted yet it is the largest organ in our body! Essentially your skin is a mirror of what is going on inside, emotionally, mentally, and from a physiological perspective too. Nourish your skin both from the inside by achieving more life balance, and from the outside through simple and effective measures including daily cleanse, moisturize and of course...hydration!

“Always do your best. What you plant now, you will harvest later” is a fitting quote by Og Mandino that embraces the essence of doing things daily to reap the rewards further down the line and live a more healthy and balanced lifestyle, and these are all keys to slowing down the aging process...we hope this has inspired you a little! Has it got you thinking about more balance, more smiles, and taking care of your skin and what you can do daily to keep it looking youthful?

Here we look at Timeless Skin Care which was formed in 2010 to provide quality, inexpensive skincare for both women and men. Timeless Skin Care was founded on a philosophy of simplicity to manufacture products using fewer chemicals and be as natural as possible, and also, that quality skin care can be affordable! Their first product “Hyaluronic Acid Pure” was a reflection of this affordability marker.

Here is some more info on this product!

Originally, hyaluronic acid (HA) was an “exotic” ingredient that was not as ubiquitous as it is today. Products were relegated to high-end salons and boutiques where one would expect to pay upwards of \$30 for a 1-ounce size of serum. HA attracts more moisture to the skin, helps other ingredients penetrate the skin effectively, it builds the skin’s matrix and much more. Consequently, Timeless Skin Care has incorporated this ingredient into all of their products and also including the abbreviated “HA” in naming their website!

“Our mission then became to make this ingredient available to the public for a fraction of the price. We started selling on Amazon and quickly became top sellers in the beauty category, ranking alongside established brands and becoming the #1 seller in the “moisturizer” category. We introduced our Vitamin C+E+Ferulic Serum a year later and it became (and still is) our top seller!” said Timeless Skin Care



For the future, they plan to introduce more great products and maintain the quality of ingredients that they are known for.

Their products consist of several lines: Pure, Serum, and Creams.

- The Pure line consists of basic skin humectants/moisturizers that are either applied as a base layer (HA Pure) or applied after a serum (Argan and Squalane). Of course, these products can be used by themselves but they work best when combined with other products. This line allows the customer to still use their favorite cream/moisturizer/anti-aging serum and enhance the benefits of them without adding a chemical laden formula.
- The Serum line consists of intensive anti-aging treatments, depending on the skin condition. For collagen synthesis and wrinkle reduction, there are the Matrixyl 3000, Matrixyl Synthe'6 and Coenzyme Q10 Serums. For additional moisture and anti-inflammatory/wound healing there is the Vitamin B5 Serum. For uneven skin issues, collagen synthesis and skin lightening there are the Vitamin C + E + Ferulic and Hyaluronic Acid + C Serums.
- The Cream line consists of products specifically targeting a certain skin issue, such as puffy saggy under eyes (Eye Cream), dark circles (Dark Circle Cream), and skin pigmentation issues (Skin Lightening Cream).

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